



Parsippany Baseball Academy



For Players Ages 10-18

Features and Highlights

This is the **most comprehensive baseball training program for pitchers and hitters in Northern NJ**, designed to prepare them for the upcoming softball season.

- Pitchers will report for 8 consecutive Sundays to work on specific skills, using drills targeted to improve their overall arm health, mechanics, and injury prevention.
- All pitching drills and theories are based on the teachings and recommendations of the National Pitching Association.
- Hitters will report for 8 consecutive weeks to work on specific skills, using drills targeted to improve power, bat track, contact and overall swing mechanics
- The results you can expect from Sports Performance Training include:
 - Rotational Strength and Development– essential to hitting and pitching power.
 - Using multidirectional drills to improve efficiency and explosiveness to improve overall range on the field.
 - Improve speed and acceleration, allowing the athlete to improve their home-to-first time and to become a bigger threat on the base paths.
- Groups will be limited to 4 participants each
- There will be one hitting group and pitching per time slot.

Groupings:

- Group 1
- Group 2
- Group 3

Times:

- 9:00am—11:00am
- 10:00am— 12:00pm
- 11:00am—1:00pm

Session : Jan. 3rd - Feb 21st**

***Based on age appropriate groups*

***Placement will be on a first come-first served basis*

Name: _____ Age: _____ Date of Birth _____ Home Phone: _____

Address: _____

Town: _____ Zip: _____ Work Phone: _____ Mobile Phone: _____

Email address: _____

Please Circle sessions for enrollment:

Group 2 (Pitching or Hitting)

Group 3 (Pitching or Hitting)

Prices are as follows: \$480.00 for 8 weeks (\$60.00 per week) (\$10.00 additional charge for on-site registration)

REGISTER ONLINE: http://www.velocitysp.com/parsippany/parsippany_baseball_academy or make check payable to Velocity Sports Performance

5 Eastmans Rd, Parsippany NJ 07054

973.560.0550

www.velocitysp.com/parsippany

Why Do You Train?SM